

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE COUNTY
Department on Aging

GREATER GALILEE
2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICK-UP
FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Salad 1 7-Grain Bread Carrot Raisin Salad Sun Chips Jello Pineapple Tidbits	Shaved Turkey 2 Whole Wheat Roll Mayo Pickle Spear Mandarin Oranges Almond Cookie Apple	Chicken Caesar Salad 3 <i>Grilled Chicken Romaine, Tomatoes Croutons, Parmesan Caesar Dressing</i> Blueberry Yogurt Cornbread Sliced Peaches	Sliced Ham 4 w/Mustard on Rye Bread Pea & Cheese Salad Pretzels Butterscotch Pudding Banana	Egg Salad 5 Multi-Grain Bread Kidney Bean Salad String Cheese Double Choc Cookie Chilled Apricots
Shaved Ham 8 Mustard Kaiser Roll American Potato Salad 3-Bean Salad Rice Krispie Treat Orange	Sliced Roast Beef 9 Mayo Italian Bread Pasta Salad Broccoli Florets 🍇 Grape Juice Fresh Pear	Chef's Salad 10 <i>Mixed Greens Julienne Ham, Turkey Egg, Cheese, Tomato, Croutons, Ranch</i> Poppy Seed Roll Grapes Banana Bread	Taco Salad 11 <i>Seasoned Ground Beef Cheese, Tomato, Onion Peppers, Dressing</i> on Shredded Lettuce Corn Chips Cinnamon Apple Slices Brownie	Turkey Salad 12 7-Grain Bread Mixed Greens Italian Dressing Coleslaw Iced-Red Devil's Cake Apple
Sliced Turkey 15 w/Mayo Sourdough Bread Cucumber Salad Peanut Butter Cookie Fruit Cocktail	Chopped Chicken Fajita 16 Salad w/Black Beans Tortilla Chips Marinated Carrot Salad Paczki (<i>Jelly Donut</i>) Diced Pears	Tuna Salad 17 <i>w/Celery & Onion Mixed Lettuce Blend Sliced Tomatoes</i> Dinner Roll Cinnamon Applesauce Oatmeal Raisin Cookie	Shaved Roast Beef 18 Whole Wheat Bread w/Mayo Potato Salad Mixed Greens/Dressing Baker's Choice Pie	Seafood Salad 19 Blended Lettuce Bed Veggie Pasta Salad Rye Roll Snickerdoodle Cookie Banana
Roast Beef Spread 22 w/Mayo & Horseradish Sesame Bread Marinated Veggies 🍊 Orange Juice Baker's Choice Apple	Turkey, Ham & Cheese 23 Sub Sandwich Red Cabbage Slaw 🍹 Fruit Punch Peaches Lorna Doone Cookies	Big Mac Salad 24 <i>Ground Beef, Romaine, Onion, Tomato, Pickle Shredded Cheddar, 1,000 Island Dressing</i> Crusty Roll 🍹 Juice Chilled Pear Slices	Shaved Ham 25 w/Mustard Marble Rye Bread Marinated Bean Salad Cottage Cheese Choc-Iced Banana Cake Clementine	Tuna Salad 26 Croissant Baby Carrots Sun Chips Tropical Fruit Cup Cereal Bar



**RESERVATIONS
RECOMMENDED**
562-1110



60+
Suggested
Contribution **\$3.00**





3-Can Chili

- Frozen or Canned Corn
- Black Beans
- Crushed Tomatoes
- Chili Powder to taste



Crispy Taquitos

- Frozen Corn
- Chicken
- Green Onion, Green Pepper
- Cheddar Cheese
- Tortillas
- Vegetable Oil



Corn & Green Chili Salad

- Frozen Corn
- Diced Tomatoes & Green Chiles
- Vegetable Oil
- Lime Juice
- Green Onion
- Cilantro



Black Bean & Couscous Salad

- Frozen Corn
- Chicken Broth
- Couscous
- Vegetable Oil
- Apple Cider vinegar
- Cumin
- Black Beans
- Onion
- Bell Pepper
- Salt & Pepper



Corn Bread

- Frozen Corn
- Cornmeal
- Flour
- Sugar
- Baking Powder
- Egg
- Vegetable Oil
- Milk



Nutrition Facts

Serving Size: corn, 1 cup (145g)

Amount per serving

Calories **125**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol -

Sodium 22mg **1%**

Total Carbohydrates 27g **9%**

Dietary Fiber 3g **12%**

Sugars 9g

Includes - Added Sugars -

Protein 5g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 1mg 4%

Potassium 390mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



Promotes Heart Health



Reduces Cholesterol Levels



Reduces Stroke Risk



Protects Eyesight



Supports Weight Management



May Help Prevent Colon Cancer



Reduces Type 2 Diabetes Risk

DID YOU KNOW?

- An ear of corn has ~800 kernels in 16 rows.
- There is one strand of silk for every kernel of corn.
- An ear of corn has an even number of rows-- each with the same number of kernels.
- Corn grows on every continent except Antarctica.
- Corn is America's #1 field crop.

Find these corn recipes here: <https://go.usa.gov/xn6DP>
For more recipes go to: www.whatscooking.fns.usda.gov

**What's
Cooking?**
MIXING BOWL

